

FITNESS CLASSES – JULY - AUG 2014

Name _____

Address _____

Town/Zip _____

Phone _____

E-mail _____

Make check or money order payable to:
Enfield Senior Center

Date Paid _____

☐ Cash ☐ Check Check No. _____

For office use only ☐

Class Name		Date	Day	Time	No. of Classes	FEE Resident	FEE Non-Resident
Jan's Exercise July	1-day	Jul 2 -30	M W F	9 am	5	\$18	\$24
	2-day	Jul 2 -30	M W F	9 am	9	\$27	\$36
	3-day	Jul 2 -30	M W F	9 am	12	\$33	\$44
Jan's Exercise Aug	1-day	Aug 1 - 29	M W F	9 am	5	\$18	\$24
	2-day	Aug 1 - 29	M W F	9 am	9	\$27	\$36
	3-day	Aug 1 - 29	M W F	9 am	13	\$36	\$48
Line Dancing		Jul 7 – Aug 25	Mon	1 pm	8	\$24	\$32
Line Dancing – Introduction		Jul 3 – Aug 28	Thurs	4 pm	9	\$27	\$36
Pilates		Jul 3 – Aug 28	Thurs	4:30 pm	9	\$36	\$45
Simply Stretch & Strengthen with Lynne - Mondays		Jul 7 – Aug 25	Mon	10:30 am	8	\$24	\$32
Simply Stretch & Strengthen with Lynne - Fridays		Jul 11 – Aug 29	Fri	10:30 am	8	\$24	\$32
Stretch, Roll & Strengthen with Laura <i>No class on Aug 12</i>		Jul 1 – Aug 26	Tues	10:30 am	8	\$24	\$32
Tai Chi		Jul 1 – Aug 26	Tues	8:45 am	9	\$27	\$36
Tai Chi – Introduction		Jul 2 – Aug 27	Wed	3:30 pm	9	\$27	\$36
Yoga – Chair and Standing <i>No class on Aug 5</i>		Jul 1 – Aug 26	Tues	11 am	8	\$32	\$40

Yoga – All Levels <i>No class on Aug 5</i>	Jul 1 – Aug 26	Tues	9 am	8	\$32	\$40
Yoga – All Levels <i>No class on Aug 5</i>	Jul 1 – Aug 26	Tues	10 am	8	\$32	\$40
Yoga – All Levels – Evening <i>No class on Aug 7</i>	Jul 3 - Aug 28	Thurs	6 pm	8	\$32	\$40
Zumba Gold – Chairs <i>Changed from Tues. to Wed. for the summer months.</i>	Jul 2 – Aug 27	Wed	11:30 am	9	\$27	\$36
Zumba Gold	Jul 7 – Aug 25	Mon	6:15 pm	8	\$32	\$40
Zumba Gold	Jul 2 – Aug 27	Wed	10:30 am	9	\$36	\$45
Zumba Gold	Jul 2 – Aug 27	Wed	6 pm	9	\$36	\$45
Zumba Gold	Jul 11 – Aug 29	Fri	11:45 am	8	\$32	\$40
Zumba Toning	Jul 7 – Aug 25	Mon	7:25 pm	8	\$24	\$32
Circle Choices & Total						